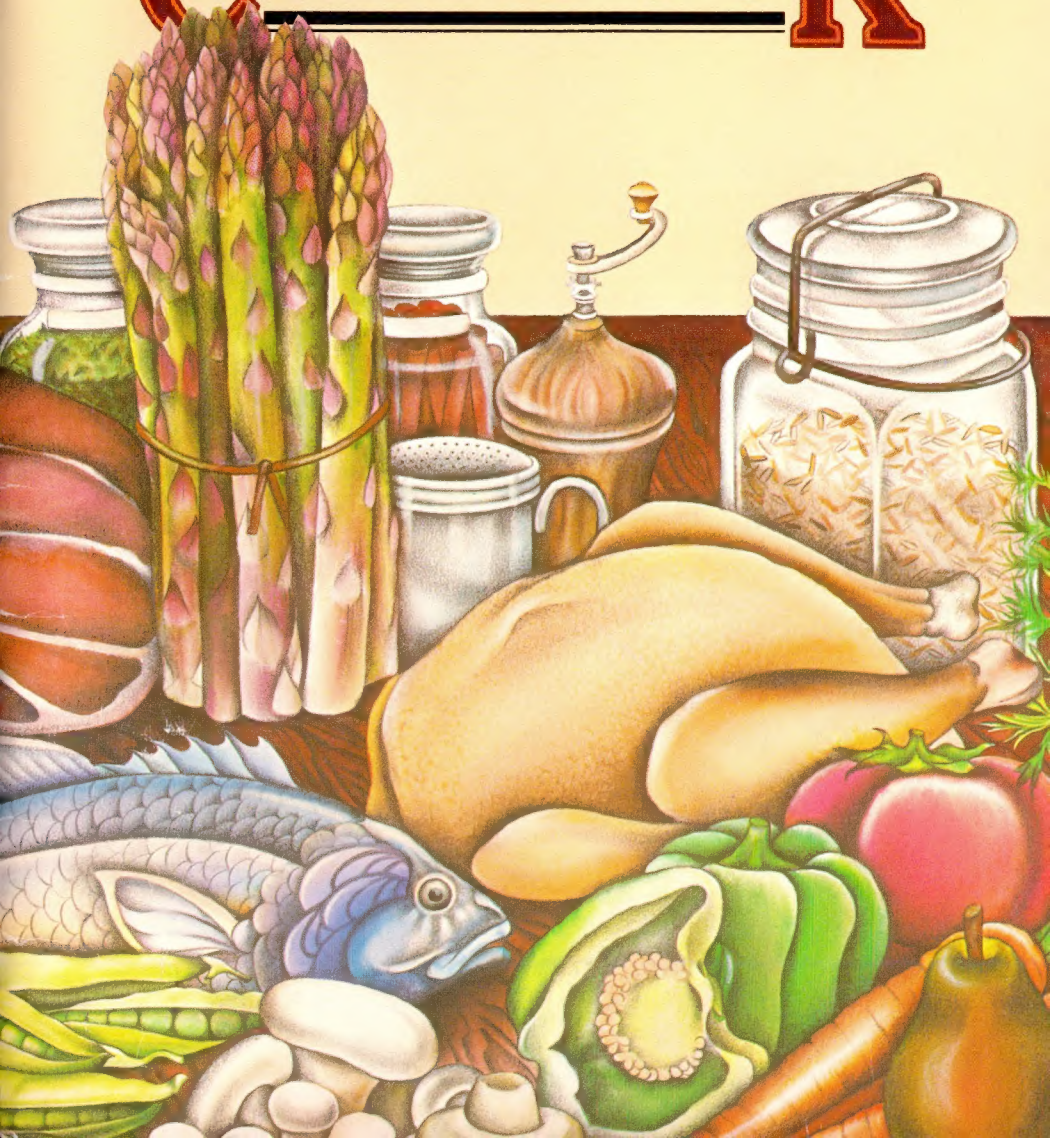
REYNOLDS

BROWN-IN-BAG

For Conventional and Microwave Ovens

FLAVOR SAVER

COOKBOOK



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COOKBOOK

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of Reynolds Metals Company, Richmond, Virginia 23261.

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Brown-In-Bag® cookery is a contemporary version of a classic skill. The earliest records of man show that foods were wrapped in leaves, shells, pods or parchment for cooking. They were wrapped to preserve flavor, moisture and nutrients and to shorten cooking time. Wrapping also simplified serving and reduced the effort involved in cleanup.

Although food wrapping is often different today, the principle is the same. Today, we can use a heat-resistant nylon film to give the same result with a lot less effort.

Brown-In-Bag oven cooking bags, used in either conventional or microwave ovens, help you to preserve the flavor and moisture of old world cooking techniques, with the efficiency and economy of a modern product.

Foods of all kinds—meats, fish, poultry, fruits and vegetables—can be cooked in Brown-In-Bag. It's a modern classic.

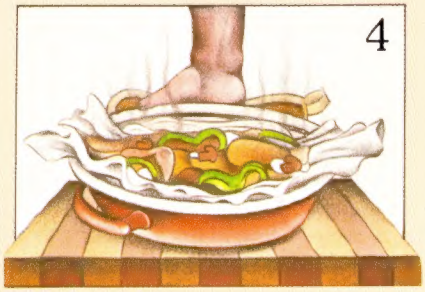
HOW TO USE REYNOLDS BROWN-IN-BAG

If you are using a conventional oven, be sure to first preheat the oven.

Place 1 tablespoon of flour in oven cooking bag; shake to coat the inside.

Insert food and close bag with twist tie. For microwave: close bag with a rubber band, string or 1/2-inch strip cut from open end of bag.

Make 6 half-inch slits in top of bag.



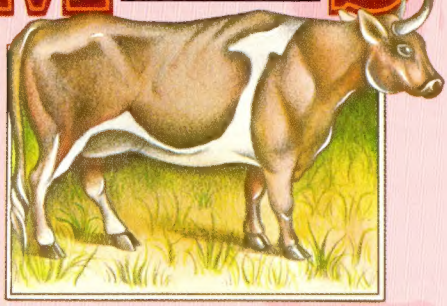
To open, cut or slit top of bag.

Microwave

The recipes in this booklet have been tested on countertop microwave ovens that operate at 2450 megahertz with wattage output of 650 to 700 at the highest setting. If your oven features variable power or operates with lower wattage, adjust cooking instructions and times accordingly.

Choucroute et Garni (page 5).

MEATS



CHOUCROUTE ET GARNI

1 package (3/4 oz.) brown gravy mix
1/4 cup brown sugar, firmly packed
1 teaspoon caraway seed
1/2 cup beer
1 can (1 lb. 11 oz.) sauerkraut
1 small onion, thinly sliced
4 slices Canadian bacon, 1/2-inch thick (about 1 pound)
4 pieces bratwurst, scored
4 pieces knockwurst, scored

Preheat oven to 325°F. Place large size (14″×20″) Brown-In-Bag in 13×9×2-inch baking dish. Combine gravy mix, brown sugar, caraway seed and beer in bag. Add sauerkraut and onion; turn bag gently to mix. Distribute contents evenly in bag. Arrange meat over sauerkraut. Close bag with twist tie; make 6 half-inch slits in top. Cook 30 minutes or until heated through. Makes: 6 to 8 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 7 to 9 minutes, turning dish periodically.

ZESTY CHEESE MANICOTTI

1 tablespoon flour
8 manicotti shells, cooked
1 pound ground beef
1/2 cup chopped onion
1 clove garlic, minced
1 egg, slightly beaten
1 cup shredded mozzarella cheese
1 teaspoon snipped parsley
1-1/2 teaspoons oregano, divided
3 cans (8 oz. each) tomato sauce
1 tablespoon sugar
1 teaspoon basil

Preheat oven to 350°F. Shake flour in large size (14″×20″) Brown-In-Bag; place in 12×8×2-inch baking dish. Brown ground beef; drain fat. Stir in onion, garlic, egg, cheese, parsley and 1/2 teaspoon oregano. In small bowl, combine remaining ingredients; pour 1 cup sauce in bag. Stuff manicotti with meat mixture and place in bag; pour remaining sauce overtop. Close bag with twist tie; make 6 half-inch slits in top. Cook 20 to 30 minutes or until hot and bubbly. Makes: 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 10 to 12 minutes, turning dish once.

STUFFED FLANK A LA BAG

1 tablespoon flour
1 to 1-1/2 pound flank steak
Salt
Pepper
Onion salt
Celery salt
1 cup herb seasoned stuffing croutons
1/4 cup chopped celery
1 teaspoon snipped parsley
Melted butter or margarine
1/4 cup dry red wine
1/4 cup water
1/2 teaspoon caraway seed

Preheat oven to 350°F. Shake flour in regular size (10″×16″) Brown-In-Bag and place in 12×8×2-inch baking dish. Score surface of flank steak; sprinkle with seasonings. Prepare stuffing according to package directions, adding celery and parsley; spread on meat. Roll flank steak lengthwise and tie firmly with string. Brush with melted butter. Place stuffed flank seam side down in bag; add wine, water and caraway seed. Close bag with twist tie; make 6 half-inch slits in top. Cook 1 to 1-1/2 hours or until tender. To serve, remove steak to platter; turn seam side up; remove string. Makes: 4-6 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on half power setting, 20 to 25 minutes, or until tender, turning dish periodically.

Beef 'n Beer Pot Roast (page 9), Vegetable Medley (page 35).

BEEF 'N BEER POT ROAST

1 package onion soup mix
1 can (12 oz.) beer
1/2 teaspoon salt
1/4 teaspoon pepper
2 to 3 pound beef chuck arm pot roast

Place large size (14″×20″) Brown-In-Bag in 13×9×2-inch baking dish. Combine onion soup mix, beer, salt and pepper in bag; turn bag gently to mix. Place pot roast in bag; close bag with twist tie. Marinate in refrigerator 3 to 5 hours or overnight; turn pot roast once. When ready to cook, make 6 half-inch slits in top of bag. Cook in a preheated 350°F oven 1-1/2 hours or until tender. Thicken juices for gravy, if desired. Makes: 4 to 6 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on half power setting, 34 to 36 minutes, turning dish periodically.

BARBECUED SPARERIBS

1/3 cup flour
1 cup barbecue sauce
3 pounds pork spareribs

Preheat oven to 350°F. Place large size (14″×20″) Brown-In-Bag in 13×9×2-inch baking dish. In small bowl, combine flour and small amount of barbecue sauce into a paste. Gradually stir in remaining sauce until mixture is smooth. Place spareribs in bag; spoon sauce overtop. Close bag with twist tie; make 6 half-inch slits in top. Cook 1-1/2 to 2 hours or until tender. To serve, spoon sauce from bag onto spareribs. Makes: 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 19 to 21 minutes, turning dish periodically.

SHERRIED PORK ROAST

1 tablespoon flour
3 pound pork loin roast, boned, rolled and tied
1/2 cup soy sauce
1/2 cup dry sherry
1 clove garlic, minced
1 tablespoon dry mustard
1 teaspoon ground ginger
1 teaspoon thyme
1 jar (10 oz.) currant jelly
2 tablespoons dry sherry
1 tablespoon soy sauce

Shake flour in large size (14″×20″) Brown-In-Bag; place in 12×8× 2-inch baking dish. Place meat in bag. Combine 1/2 cup soy sauce, 1/2 cup sherry, garlic, mustard, ginger and thyme. Pour in bag; close bag with twist tie. Turn bag gently several times to moisten meat. Marinate 3-5 hours or overnight in refrigerator; turn bag several times. Make 6 half-inch slits in top of bag. Insert meat thermometer through bag into roast. Cook in preheated 350°F oven 1-1/2 hours or until meat thermometer reads 170°F. To make sauce, melt jelly in small sauce pan; add 2 tablespoons sherry and 1 tablespoon soy sauce. Stir and simmer 2 minutes. Spoon on top of pork roast.
Makes: 4-6 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Use microwave meat thermometer. Micro-cook on half power setting, 60 to 65 minutes, turning dish periodically. Meat thermometer should read 160°F. Allow to stand 10 minutes.

Hunter's Favorite Rabbit (page 13).

HUNTER'S FAVORITE RABBIT

2 tablespoons cornstarch
1 teaspoon salt
1/4 teaspoon pepper
1 rabbit (about 2 pounds), cut up
1/2 cup chopped onion
1 cup sliced celery
2 tablespoons butter
1/3 cup dry red wine
1/2 teaspoon Kitchen Bouquet

Preheat oven to 350°F. Shake cornstarch, salt and pepper together in regular size (10″×16″) Brown-In-Bag. Add rabbit; shake gently to coat. Place in 12×8×2-inch baking dish. Arrange rabbit pieces in bag. Add onion, celery and butter. Combine wine and Kitchen Bouquet; pour over rabbit. Close bag with twist tie; make 6 half-inch slits in top. Cook 50 to 60 minutes or until rabbit is tender. Thicken sauce with additional cornstarch, if desired. Makes: 3 to 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 14 to 16 minutes, turning dish periodically.

SAUSAGE STUFFED SQUASH

3 small acorn squash
1 cup cornbread stuffing mix
1/4 cup water
1 egg
1 package (8 oz.) fully cooked sausage links, cut in 1/4-inch pieces
1/2 cup coarsley chopped unpeeled apples
3 tablespoons raisins
2 tablespoons chopped celery
1 tablespoon snipped parsley
2 tablespoons finely chopped onion

Preheat oven to 350°F. Place large size (14″×20″) Brown-In-Bag in 13×9×2-inch baking dish. Wash squash and cut in half crosswise; remove seeds. Combine remaining ingredients. Stuff squash with dressing; place in bag. Close bag with twist tie; make 6 half-inch slits in top. Cook 45 to 55 minutes or until squash is tender.
Makes: 6 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 14 to 16 minutes, turning dish periodically.

HAWAIIAN PORK ROAST

1 tablespoon flour
3 to 4 pound pork loin roast
1 teaspoon ground ginger
1/2 teaspoon salt
1/4 teaspoon garlic powder
1 can (8-1/4 oz.) sliced pineapple in heavy syrup, reserving syrup
1 tablespoon soy sauce

Preheat oven to 325°F. Shake flour in regular size (10″ × 16″) Brown-In-Bag; place in 12 × 8 × 2-inch baking dish. Season roast with ginger, salt and garlic powder. Quarter pineapple slices; secure to roast with toothpicks. Combine reserved syrup and soy sauce in bag; turn bag gently to mix. Place roast in bag. Close bag with twist tie; make 6 half-inch slits in top. Insert meat thermometer in thickest part of roast. Cook 1-1/2 hours or until meat thermometer reads 170°F. Garnish with apricot halves and seedless green grapes. Makes: 6 to 8 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Use microwave meat thermometer. Micro-cook on half power setting 50 minutes or until meat thermometer reads 160°F. Turn dish periodically. Allow to stand 15 minutes before carving.

Herbed Chicken (page 17), Ratatouille (page 31).

POULTRY

HERBED CHICKEN

1 tablespoon flour
2-1/2 to 3 pound broiler-fryer chicken
2 tablespoons melted butter or margarine
1 teaspoon thyme
1 teaspoon rosemary
1/2 teaspoon sage
2 small onions
2 stalks celery

Preheat oven to 325°F. Shake flour in regular size (10″×16″) Brown-In-Bag; place in 12×8×2-inch baking dish. Rinse and pat dry chicken. Brush chicken with melted butter; sprinkle with seasonings. Slice 1 onion and 1 stalk celery; place in bag. Quarter second onion and stalk celery; stuff inside chicken. Place chicken on top of vegetables in bag. Close bag with twist tie; make 6 half-inch slits in top. Cook 50 to 60 minutes or until tested done. Makes: 4 servings.

Microwave Oven:
Follow directions above except use small pieces of Reynolds Wrap to shield drumsticks and wing tips. Close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on half power setting, 25 to 30 minutes, turning dish periodically. Allow chicken to stand 15 minutes before carving.

CHICKEN ORIENTAL

1 tablespoon flour
3 pound broiler-fryer chicken, cut up
1-1/2 teaspoons paprika
1/4 cup soy sauce
2 tablespoons honey
1 tablespoon peeled and grated fresh ginger
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1 can (3 or 4 oz.) sliced mushrooms, drained
1 small green pepper, cut into rings
1/3 cup sliced water chestnuts
Cooked rice

Shake flour in large size (14" × 20") Brown-In-Bag; place in 12 × 8 × 2-inch baking dish. Rinse and pat dry chicken; season with paprika and place in bag. In small bowl, combine soy sauce, honey, ginger, salt, garlic powder and pepper; pour over chicken in bag. Add mushrooms, green pepper and water chestnuts. Close bag with twist tie. Marinate in refrigerator 6 to 8 hours or overnight; turn bag once. When ready to cook, make 6 half-inch slits in top of bag. Cook in preheated 350°F oven 1 hour or until chicken is tender. Serve over rice. Makes: 4 servings.

Microwave Oven:
Follow directions above except place thicker chicken pieces to outside. Close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 20 to 25 minutes, turning dish periodically.

COUNTRY STYLE CORNISH HENS

1 tablespoon flour
2 Rock Cornish hens (1-1/2 lbs. each), halved
1 tablespoon butter or margarine, melted
1 tablespoon Kitchen Bouquet
1 small onion, sliced
1 small eggplant, cubed
1 small green pepper, cut in 1/8-inch strips
1 can (4 oz.) sliced mushrooms
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1/2 teaspoon thyme
3/4 cup dry white wine

Preheat oven to 350°F. Shake flour in large size (14″ × 20″) Brown-In-Bag; place in 13 × 9 × 2-inch baking dish. Wash and pat dry hens. Combine butter and Kitchen Bouquet; brush on hens. Place in bag. Add vegetables. Sprinkle salt, pepper, garlic and thyme over vegetables and hens. Pour wine over all. Close bag with twist tie; make 6 half-inch slits in top. Cook 45 to 50 minutes or until hens are tender. Makes: 4 servings.

Microwave Oven:
Follow directions above except use small pieces of Reynolds Wrap to shield drumsticks and wing tips. Place thicker portion to outside of dish. Close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 15 to 17 minutes, turning dish periodically.

Golden Breast of Turkey (page 21), Easy "Sweets" (page 30), Cranapple Fruit Cups (page 39).

GOLDEN BREAST OF TURKEY

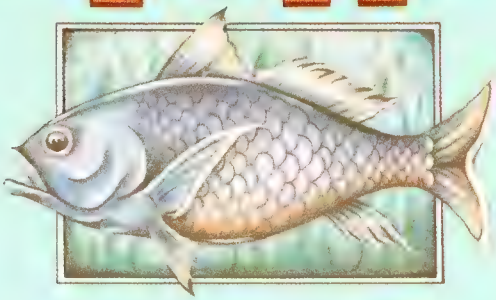
1 tablespoon flour
1 medium onion, sliced
1/4 cup chopped celery
4-1/2 to 5 pound turkey breast, thawed
2 tablespoons butter or margarine, melted
Salt
Pepper
Paprika

Preheat oven to 350°F. Shake flour in large size (14″×20″) Brown-In-Bag; place in 12×8×2-inch baking dish. Spread onion and celery in bag. Rinse and pat dry turkey breast. Brush turkey with melted butter; sprinkle with seasonings as desired. Place turkey on top of vegetables in bag. Close bag with twist tie; make 6 half-inch slits in top. Insert meat thermometer through bag into thickest part of turkey breast. Cook 1-1/2 to 2 hours or until meat thermometer reads 185°F. Makes: 6 servings.

Microwave Oven:
Follow directions above except shield rib portion with pieces of Reynolds Wrap. Close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Use microwave meat thermometer. Micro-cook on high power setting, 25 to 30 minutes or until meat thermometer reads 170°F. Turn dish periodically. Allow to stand 15 minutes before carving.

Savory Stuffed Fish (page 23), Southern Country Chowder (page 34).

FISH



SAVORY STUFFED FISH

1 tablespoon flour
4 strips bacon
2 to 3 pound whole fish, dressed
1 teaspoon salt
1/4 teaspoon pepper
1 small onion, sliced
2 tablespoons chopped celery
1 tablespoon butter or margarine
1/2 cup herbed seasoned stuffing mix
1 tablespoon snipped parsley
2 tablespoons grated Parmesan cheese
1 tablespoon lemon juice

Preheat oven to 350°F. Shake flour in large size (14″×20″) Brown-In-Bag and place in 13×9×2-inch baking dish. Cook bacon; drain, then crumble. Brush fish with bacon fat; season inside and out with salt and pepper. Chop sufficient onion to measure 2 tablespoons. Put remaining onion slices in bag. To prepare stuffing, saute chopped onion and celery in butter until tender. Add stuffing mix; toss. Stir in crumbled bacon, parsley, Parmesan cheese and lemon juice. Fill cavity of fish with stuffing; bind with string to close. Place fish on top of onion in bag. Close bag with twist tie; make 6 half-inch slits in top. Cook 1 hour or until fish flakes easily. Makes: 2 to 3 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 15 to 17 minutes, turning dish periodically.

STUFFED FISH ROLL-UPS

1 cup chicken bouillon
1/4 cup finely chopped celery
2 tablespoons finely chopped carrot
2 tablespoons finely chopped green pepper
2 tablespoons finely chopped onion
1/2 teaspoon salt
1 teaspoon parsley flakes
4 fish fillets (4 oz. each)

Preheat oven to 350°F. Place regular size (10″×16″) Brown-In-Bag in 12×8×2-inch baking dish. Cook celery, carrot, green pepper and onion in 3 tablespoons of bouillon until almost tender. Stir in salt and parsley. Spoon 1-1/2 to 2 tablespoons of mixture on top of each fillet; fold over, securing with toothpick. Place fish rolls in bag. Pour remaining bouillon over fish. Close bag with twist tie; make 6 half-inch slits in top. Cook 20 minutes or until fish flakes easily. Makes: 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 6 to 7 minutes, turning dish once.

HALIBUT FLORENTINE

2 pkgs. (10 oz. each) frozen chopped spinach, thawed
4 strips bacon, cooked and crumbled
1/2 teaspoon instant minced onion
1/2 teaspoon salt
1/2 teaspoon nutmeg
4 halibut steaks (4 oz. each)
1 tablespoon lemon juice
1/4 cup butter or margarine

Preheat oven to 350°F. Place large size (14″×20″) Brown-In-Bag in 12×8×2-inch baking dish. Remove excess moisture from spinach. Combine spinach, bacon, onion, salt and nutmeg; place in bag, distributing evenly. Arrange halibut steaks overtop. Sprinkle halibut with lemon juice; dot steaks with butter. Close bag with twist tie; make 6 half-inch slits in top. Cook 35 to 40 minutes or until fish flakes easily. Makes: 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 6 to 8 minutes, turning dish once.

LEMON CURRIED SALMON STEAKS

4 salmon steaks (4 oz. each)
1/2 teaspoon salt
1/2 teaspoon parsley flakes
4 thin lemon slices
1 cup water
2/3 cup mayonnaise
1 tablespoon lemon juice
1/4 teaspoon curry powder

Preheat oven to 325°F. Place large size (14″×20″) Brown-In-Bag in 13×9×2-inch baking dish. Season salmon steaks with salt and parsley; place one lemon slice on each. Pour water in bag; arrange salmon in bag. Close bag with twist tie; make 6 half-inch slits in top. Cook 30 minutes or until fish flakes easily with fork. To make Lemon Curry Mayonnaise combine remaining ingredients in small bowl. Beat until smooth. Serve with salmon steaks. Makes: 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string, or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 6 to 8 minutes, turning dish periodically.

FESTIVE FLOUNDER

1 can (10-3/4 oz.) cream of shrimp soup
3/4 cup sour cream
1/4 cup water
1 tablespoon chopped chives
Dash nutmeg
1-1/2 cups cooked rice
1/2 cup sliced almonds, divided
4 flounder fillets (4 oz. each) or other fish fillet

Preheat oven to 350°F. Place large size (14″×20″) Brown-In-Bag in 12×8×2-inch baking dish. In medium bowl, combine soup, sour cream, water, chives and nutmeg; reserve 3/4 cup. Add rice and 1/4 cup almonds to soup mixture; mix well. Spoon soup mixture in bag. Sprinkle flounder with salt; place in bag. Spoon reserved soup mixture over flounder; sprinkle with 1/4 cup almonds. Close bag with twist tie; make 6 half-inch slits in top. Cook 20 to 25 minutes or until fish flakes easily. Makes: 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 5 to 7 minutes, turning dish once.

Cranberry Acorn Squash (page 29).

VEGETABLES

CRANBERRY ACORN SQUASH

2 small acorn squash, halved and seeded
2 tablespoons dark brown sugar
1/4 teaspoon cinnamon
1 can (16 oz.) whole cranberry sauce

Preheat oven to 350°F. Place large size (14″×20″) Brown-In-Bag in 12×8×2-inch baking dish. Sprinkle squash with brown sugar and cinnamon. Fill squash with cranberry sauce; place in bag. Close bag with twist tie; make 6 half-inch slits in top. Cook 45 to 55 minutes or until squash is tender. Makes: 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 8 to 10 minutes, turning dish periodically.

EASY "SWEETS"

1/2 cup firmly packed brown sugar
1/2 teaspoon salt
1/4 teaspoon nutmeg
4 medium sweet potatoes, pared and cut in eighths

Preheat oven to 350°F. Place regular size (10″×16″) Brown-In-Bag in 12×8×2-inch baking dish. Combine brown sugar, salt, nutmeg and sweet potatoes in bag; turn bag gently to mix. Close bag with twist tie; make 6 half-inch slits in top. Cook 45 minutes or until sweet potatoes are tender. Makes: 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 15 to 17 minutes, turning dish periodically.

RATATOUILLE

1 tablespoon flour
2 cups cubed eggplant
1 cup sliced zucchini
1 green pepper, cut in strips
2 tomatoes, peeled and cut in eighths
1 medium onion, cut in eighths
1 can (8 oz.) tomato sauce
1 tablespoon sugar
1 teaspoon salt
1/4 teaspoon garlic powder
1 tablespoon vinegar
1 tablespoon vegetable oil

Preheat oven to 350°F. Shake flour in large size (14″×20″) Brown-In-Bag; place in 12×8× 2-inch baking dish. Combine all ingredients in bag; turn bag gently to mix. Close bag with twist tie; make 6 half-inch slits in top. Cook 40 to 45 minutes or until vegetables are tender. Makes: 6 to 8 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 10 to 12 minutes, turning dish periodically.

Sherried Pork Roast (page 11), Parmesan Peas (page 33).

PARMESAN PEAS

2 packages (10 oz. each) frozen peas, thawed
1 can (3 oz.) sliced mushrooms, drained
1/2 cup grated Parmesan cheese
1/3 cup butter or margarine, melted
1/4 cup chopped onion
1/4 cup snipped parsley
1/2 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 350°F. Place regular size (10″×16″) Brown-In-Bag in 12×8×2-inch baking dish. Combine all ingredients in bag; turn bag gently to mix. Close bag with twist tie; make 6 half-inch slits in top. Cook 25 to 30 minutes or until peas are tender.
Makes: 4 to 6 servings.

Microwave Oven:
Follow directions above except do not thaw peas. Close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Microcook on high power setting, 15 to 17 minutes, breaking peas apart halfway through the cooking time. Turn dish periodically.

SOUTHERN COUNTRY CHOWDER

6 strips bacon
1 small onion, chopped
1/2 cup chopped green pepper
1 can (17 oz.) cream-style corn
2 cups milk
1 can (10-3/4 oz.) cream of potato soup
1 teaspoon chopped chives
1 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 350°F. Place regular size (10″×16″) Brown-In-Bag in 2-quart casserole dish. In small skillet, cook bacon until crisp; drain on paper towel, then crumble. Pour off all but 1 teaspoon bacon fat from skillet. Saute onion and green pepper in bacon fat until tender. Combine bacon, onion, green pepper, corn, milk, potato soup, chives, salt and pepper in bag. Stir with wooden spoon to mix. Close bag with twist tie; make 6 half-inch slits in top near closure. Cook 40 minutes or until chowder is heated through.
Makes: 4 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 8 to 10 minutes, turning dish periodically.

VEGETABLE MEDLEY

1/2 pound small white onions, peeled
1/2 pound carrots, scraped and cut in half
1/2 pound celery stalks, cut in half
1/2 cup water
1 tablespoon butter or margarine
Dash pepper
3/4 teaspoon salt

Preheat oven to 325°F. Place small size (10″×16″) Brown-In-Bag in 2-quart casserole dish. Combine all ingredients in bag. Close bag with twist tie; make 6 half-inch slits in top. Cook 45 to 60 minutes or until vegetables are tender. Makes: 5-6 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string, or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 7 to 9 minutes, turning dish periodically.

Lemony Poached Pears (page 37).

FRUITS-DESSERTS

LEMONY POACHED PEARS

3/4 cup light brown sugar, firmly packed
1-1/2 cups water
1/3 cup dry sherry
2 teaspoons lemon juice
1 cinnamon stick
3 whole cloves
6 medium-sized firm pears
1 cup milk
1 package (3-3/4 oz.) instant lemon pudding and pie filling mix
2 teaspoons grated lemon rind

Preheat oven to 350°F. Place large size (14″×20″) Brown-In-Bag in 12×8×2-inch baking dish. Combine brown sugar, water, sherry, lemon juice, cinnamon and cloves in bag; turn bag gently until sugar dissolves. Pare pears; core from blossom end, leaving on stems. If necessary, cut a thin slice off bottom of pear to level. As each pear is pared, roll in syrup and stand up in bag, arranging in circle. Close bag with twist tie; make 6 half-inch slits in top. Cook 30 minutes or until tender. Cool. To make custard sauce, combine milk and 1 cup syrup from bag in medium mixing bowl; add pudding mix and beat with electric mixer on low speed 2 minutes or until well blended. Chill until ready to serve; custard will thicken, but not set. To serve, spoon custard sauce over warm or chilled pears. Makes: 6 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 6 to 8 minutes, turning dish periodically.

GLAZED BAKED APPLES

1/2 cup sugar
1/4 cup butter or margarine, softened
3 tablespoons chopped nuts
1/4 cup raisins
1/4 teaspoon cinnamon
6 large baking apples
1/2 cup apple juice
1/3 cup currant jelly, melted

Preheat oven to 350°F. Place large size (14″×20″) Brown-In-Bag in 13×9×2-inch baking dish. In small bowl, combine sugar, butter, nuts, raisins and cinnamon. Core apples leaving small plug in blossom end; pare upper half. Fill apples with sugar mixture; place in bag. Pour apple juice over apples. Close bag with twist tie; make 6 half-inch slits in top. Cook 30 minutes or until apples are tender. Spoon melted jelly over apples. Makes: 6 servings.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 7 to 9 minutes, turning dish periodically or until apples are tender.

CRANAPPLE FRUIT CUPS

1 cup sugar
1-1/2 cups apple juice
1 pound fresh cranberries
4 cups (4 large) pared, cored, diced apples

Preheat oven to 350°F. Place regular size (10″ × 16″) Brown-In-Bag in 12 × 8 × 2-inch baking dish. Combine sugar and apple juice in bag; turn bag gently until sugar dissolves. Rinse and drain cranberries; discard stems. Combine with apples in bag. Close bag with twist tie; make 6 half-inch slits in top. Cook 45 minutes or until cranberries pop open. Chill to thicken before serving. Serve in orange cups, if desired. Makes: 4 cups.

Microwave Oven:
Follow directions above except close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Micro-cook on high power setting, 14 to 16 minutes, turning dish periodically.

CHOCOLATE CUSTARD BREAD PUDDING

1-1/2 cups milk
2 ounces unsweetened chocolate
3/4 cup sugar, divided
1 teaspoon cinnamon
1/2 teaspoon nutmeg
3 cups cubed day old bread, packed
1/2 cup chopped nuts
3 eggs
1 teaspoon vanilla

Heat milk and chocolate together until chocolate melts. In regular size (10″×16″) Brown-In-Bag, combine 1/4 cup sugar, cinnamon and nutmeg; mix in bread and nuts. Beat eggs, add remaining sugar and vanilla; blend in chocolate mixture. Place bag in 8-1/2×4-1/2×2-1/2-inch loaf pan; pour chocolate mixture over bread. Close bag with twist tie and make 6 half-inch slits in top. Pour water into pan, letting water come up sides; do not overfill. Bake in preheated 350°F oven 60 to 70 minutes, or until knife inserted in center comes out clean. Cool; remove bag from pan and set on serving plate. To serve, cut bag away from pudding and slice. Makes: 6 servings.

Microwave Oven:
Follow directions above except place bag and contents in a 1-1/2 quart square casserole. Close bag with rubber band, string or 1/2-inch strip cut from open end of bag. Omit water. Micro-cook on high power setting, 9 to 11 minutes, turning dish periodically.

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